



# Coffee cherry Flavour

17 RECIPES WITH SULTANA



Slow Food®  
BOLIVIA



# *Coffee Cherry Flavour*

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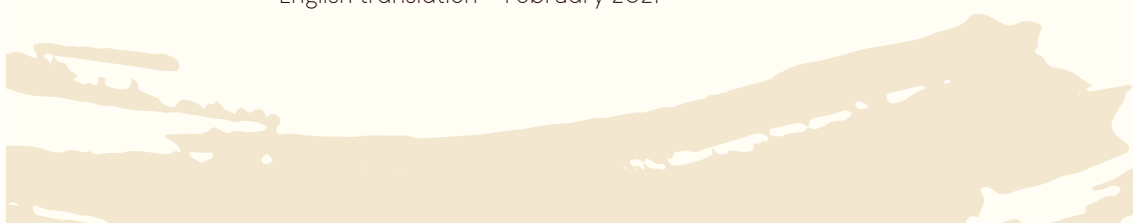
Asociación de Chefs de Bolivia

Laboratorio 2860

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## SULTANA RECIPE BOOK

This work is the result of a partnership between an SNIS Project (Swiss Network for International Studies) and the Slow Food Bolivia movement, as part of the project for Improving Rural Livelihoods through Promoting High-quality Coffee and Coffee Cherry Products in the Origin Countries Colombia and Bolivia

In collaboration with local project partners, the potential to market high-quality coffee and sultana products and improve livelihoods in two Latin American countries was studied.

Developing the appreciation of the coffee cherry, known in Bolivia as sultana, not only adds value, which remains in the country, but also increases the value of the final product, benefiting different actors in the value chain, from high quality coffee and cascara producers, to young gastronomy entrepreneurs, processors and direct trade. The Slow Food movement works to raise awareness in the population of good, fair and clean food, promote the consumption of local and seasonal products, preserve regional food traditions and bring the consumer closer to the perspective of the producer. Through this recipe book, Slow Food aims to promote the coffee cherry. We would like to thank the cooks and entrepreneurs who have shared their passion for the sultana flavour by contributing recipes and innovations. We invite you to venture into the recipes and locations described in this publication.

n.

**Maria Julia Jiménez**  
**Slow Food Bolivia**



The background of the entire page is a light olive green. It is decorated with numerous white-outlined coffee beans of various sizes, some of which are partially cut off by the edges. In the lower-left corner, there are abstract, painterly strokes in shades of brown and tan, suggesting a coffee landscape or a splash of liquid.

# Coffee cherry Flavour

17 RECIPES WITH SULTANA

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# *Part One*

SULTANA RECIPES



# *Traditional Sultana*

Popular market in La Paz city



# Traditional Sultana

## Ingredients:

- 4 tablespoons sultana
  - 2 pieces of cinnamon bark
  - Sugar
  - 1 liter water
  - Lemon (optional)
  - 2 cloves (optional)
- 

## Preparation:

1. Lightly roast the sultana in a saucepan on medium heat for about 4 minutes.
  2. Place the sultana in a kettle with the cinnamon and cloves (optional) and add the boiling water until the sultana is covered and leave it to stand for about 10 minutes.
  3. Serve the concentrated infusion in a cup, diluting with boiling water to taste.
  4. Add sugar to taste.
- 

## Suggestions:

If desired, add a few drops of lemon to your cup to give it a citrus touch.



*Singani “Arrangé” with Sultana*

---

Chef: Pierre Van Oost

## *Singani “Arrangé” with Sultana*

### Ingredients:

- 750 ml Singani
  - 35 g dried sultana
  - 10 g dried orange peel
  - 1 clove
  - 80 g sugar
- 

### Preparation:

1. Prepare the roasted sultana with 20 grams of sugar and cloves. At the end, add the orange peel and remove from the heat. Allow to cool.
2. Put the roasted sultana in a glass bottle with the singani and let it infuse in a cool and dark place for 3 weeks before adding sugar, according to taste.
3. Serve this liqueur on ice, as an aperitif or digestive.





# *Sultana Oil*

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Chef: Omaira Soria Guillen

# Sultana Oil

## Ingredients:

- 200 g sunflower oil
  - 80 g dried sultana
- 

## Preparation:

1. Place the oil and the sultana in a closed glass container.
  2. Put the container in a double boiler (bain-marie) for 20 minutes to flavour the oil with the aroma of the sultana more quickly. Do not allow the water in the double boiler to boil.
  3. Remove the container. If a more intense aroma is desired, cover it with a lid for a week or more.
- 

## Suggestion:

This oil can be used for vinaigrettes, for salad dressings, and to stir-fry vegetables. It also can be used to add a sultan aroma to any kind of meal. You can fry meat, fish, or rice with it.



# *Sultana Chicken*

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Chef: Franz Arandia



# Sultana Chicken

## Ingredients:

- 1/2 kg chicken breast cut into thin slices.
  - 150 g shitake mushrooms, clean and cut into pieces.
  - 250 g native potatoes, cooked, peeled, cut into pieces.
  - 500 ml sultana infusion
  - 3 celery stalks, cut diagonally
  - 5 garlic cloves, finely chopped
  - 1/2 broccoli, shredded and steamed
  - 1/2 cauliflower shredded and steamed
  - 150 ml soy sauce
  - 2 tablespoons olive oil
  - 1 pinch of: aniseed powder, cinnamon powder, ginger powder, pepper, cumin
- 

## Preparation:

1. In a saucepan, add the olive oil and sauté the chicken over a high heat for 5 minutes with the aniseed, cinnamon, ginger, pepper and cumin.
2. Then add all the other ingredients, cook for about 10 minutes and serve.



# *Sparkling Sultana*

Chef: Rodrigo Quiroga León

# Sparkling Sultana

Chef: Rodrigo Quiroga León

*"A cocktail based on a traditional toast celebration (traditions can vary), this cocktail is a drink that mimics champagne, but has Bolivian flavours"*

---

## Ingredients

- 2 oz gin
  - 1 oz native sour mix \*
  - 5 oz cold infused sultana \*\*
  - 1 oz native syrup \*\*\*
- 

\*\* For the production of infused Sultana

- 200 g sultana from Yungas de Vandiola
  - 500 g sultana from Caranavi
  - 4 litres of water
- Roast the sultana from Yungas de Vandiola in an oven at 90 degrees for 15 minutes, roast half of the sultana from Caranavi in an iron pan or copper frying pan until they start to curl up.
- Allow to cool, then put all the ingredients in a glass container tightly closed and in the refrigerator for 36 hours.
- Strain and save
- 

\*\*\*For the production of native syrup

- 10 g pink peppercorns
- 5 g anise
- 10 g cinnamon

- 10 g cloves
- 5 g huacatay herb
- 5 g muña herb
- 5 g wira herb
- 15 g cedron herb
- 500 ml water
- 500 g sugar

- Boil all of the ingredients except for the sugar, then add sugar, wait for it to reduce by at least 65%.

- Allow to cool down and set aside.

---

### **Preparation:**

1. Pour all ingredients into a shaker and mix with ice. Strain and separate into a measuring jug.
  2. Measure out 800 ml and add 200ml iced water.
  3. Pour the whole mixture (1 liter) into a CO2 siphon and put two CO2 loads.
- 

### **Suggestions:**

Serve in flute glass and garnish with sultana and lemon peel.



### *Did you know...*

It is scientifically proven that sultana contains a considerable amount of phenolic compounds (protocatechuic acid) and caffeine.

The phenolic compounds have antioxidant and anti-inflammatory properties, improving the defense of the gastric mucosa and increase antibacterial and neurological effects, among other things.

(Research conducted by the Laboratorio de Bioorgánica  
Instituto de Investigaciones Químicas - UMSA)





# *Sultana Flan*

Chef: Gunnar Guardia Miranda



# Sultana Flan

## Ingredients (6 servings):

- 230 ml cream
  - 120 ml concentrated sultana
  - 3 eggs
  - 3 additional egg yolks
  - 5 g cinnamon powder
  - 225 g sugar
  - 1 pinch of salt
- 

## Preparation:

1. Preheat the oven to 200 degrees for the bain-marie.
  2. Beat the cream.
  3. Mix the cream, the eggs, the additional egg yolks, sugar, cinnamon, and the concentrated sultana infusion in a bowl.
  4. Put the sugar in a pan, barely covering it with water. Bring to heat and stir just until the sugar dissolves. Let the sugar bowl with the water until it begins to take a darker colour. It should be used immediately because it crystallized quickly.
  5. Bath the tray with the caramel sauce and then pour the preparation. Cover it with an aluminium foil and place the mould in a bain-marie for 60 minutes, let it cool and serve
-



# *Thai Sultana Coffee*

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Chef: Pablo Grossman

# Thai Sultana Coffee

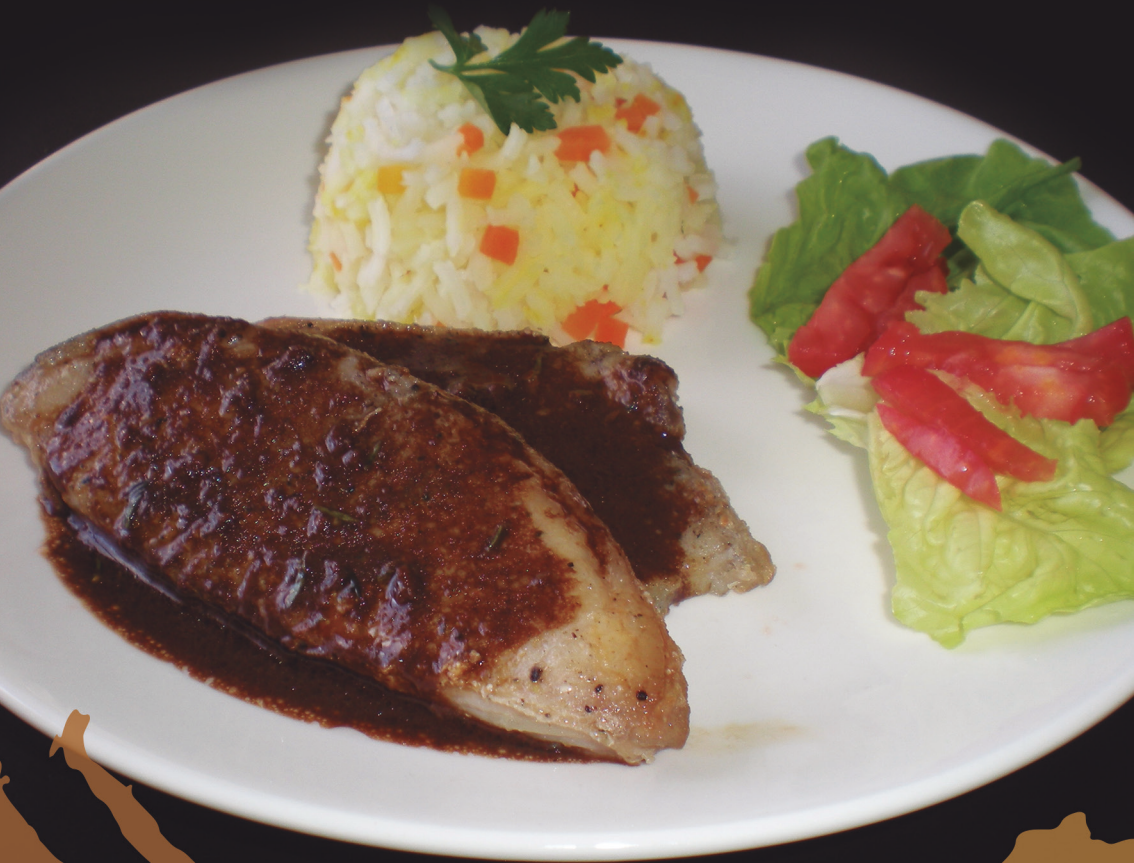
## Ingredients (2 servings) :

- 1/2 cup condensed milk
- 2 tablespoons dried sultana
- 1/2 teaspoon cardamom
- 2 cups water
- 1 tablespoon brown sugar

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## Preparation:

1. In a small saucepan add the sultana, brown sugar, cardamom and water. Boil for about five minutes over low heat.
2. Serve the infusion in two cups, draining with a strainer.
3. Divide the condensed milk between the two cups and serve.



*Surubi Medallions with Sultana  
and Chocolate Sauce*

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Chef: Patricia Toro



## *Surubi Medallions with Sultana and Chocolate Sauce*

### **Ingredients:**

- 2 surubi medallions
  - 15 g chopped chocolate coating
  - 1/4 cup concentrated sultana infusion
  - 2 spoons fish stock
  - 1/2 spoon cane honey
  - C/N garlic puree, as needed (a gusto).
  - 1/2 spoon oil
  - Pinch dried thyme
  - Pinch salt and pepper
- 

### **Preparation:**

1. Sprinkle the medallions with salt and pepper.
2. In a large non-stick pan, cook lightly with some oil over a medium heat for 3 to 5 minutes on each side. Remove and cover to keep warm.
3. Deglaze in the same pan and add the sultana infusion, the fish stock, cane syrup, garlic and thyme.
4. Bring the preparation to the boil and cook until the liquid is half of the original amount. Incorporate the chocolate until it melts, add the surubi medallions to the sauce and leave to warm for a few minutes.
5. Serve immediately with chocolate and sultana sauce and your favourite garnish.



# *Sultana Creme Brulee*

---

Chef: Pablo Grossman



# Sultana Creme Brulee

## Ingredients (4 servings):

- 1 cups cream
  - 4 egg yolks
  - 1 tablespoon sultana infusion
  - teaspoon vanilla extract
  - 1 cup sugar
- 

## Preparation:

1. Preheat the oven to 148 °C.
2. In a bowl, beat 100 g sugar with the egg yolks until creamy.
3. In a different bowl add 1/4 cup of cream to the sultana infusion and the vanilla extract. Add the rest of the cream while mixing.
4. Add the cream mixture to the yolks and beat slowly.
5. Place 4 ramekins in a deep tray.
6. Pour the mixture into a jug, carefully fill the ramekins to 3/4 of their height.
7. Place the tray in the oven and fill half the tray with warm water to create a double boiler.
8. Bake for approximately 30-40 minutes or until the flans are thickened. Remove from the oven and leave the ramekins in the water for a few more minutes.
9. Once cold, melt the rest of the sugar in a separate pan, until it is a caramel colour, then immediately pour the melted sugar over the ramekins and serve.



## *Sultana - Oatmeal - Banana Cookies*

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Chef: Patricia Toro

# Sultana - Oatmeal - Banana Cookies

## Ingredients:

- 1 cups flour
- 1 cups oatmeal
- 50 g creamy butter
- 1 teaspoon sultana flour (use toasted sultana)
- cup unroasted sultana
- cup sultana infusion
- teaspoon bicarbonate
- 1 mashed banana
- 1 egg
- cup sugar
- 4 teaspoons salt

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## Preparation:

1. Beat the butter with the sugar, and mix it with the sultana flour, the eggs, the sultana infusion with a wooden spoon.
2. Add the crushed banana, the sultana and the flour to the preparation, before finally adding the oatmeal.
3. Place small portions in well buttered baking trays with the help of a teaspoon, leaving space between each portion. Top with roasted sultana powder and sugar.
4. Bake in the oven at 180 °C until the right consistency (not too wet or too dry) has been achieved.



# *Sultana Honey*

Chef: Pierre Van Oost



# Sultana Honey

## Ingredients:

- 50 g sultana infusion or 35 g dried sultana
  - 10g dried orange peel
  - 750 ml water
  - 1 clove
  - 520 g sugar
- 

## Preparation:

1. Prepare the roasted sultana with the water, 20 grams of sugar and the clove. At the end, add the orange peel and remove from the heat. Allow to cool down.
  2. In a saucepan, make a syrup with the water and the remaining sugar (500 g).
  3. Put the prepared sultana mixture in the syrup pan, bring to the boil and remove from heat.
  4. Leave it to infuse until the mixture has cooled down.
  5. Store in a glass bottle in a cool place.
- 

## Suggestions:

This syrup can be used for cocktails, pastries, desserts, pancakes, and ice creams.





# *Mocochini and Sultana*

Chef: Roger Orlando Maldonado Rocha

# Mocochinchi and Sultana

## Ingredients:

- 200 g mocochinchi "dried peach"
  - 50 g roasted sultana
  - 60 g raw sugar
  - 5 l of water
  - 2 cinnamon sticks
  - 50 g sugar
  - 5 cloves
- 

## Preparation:

1. Soak and wash the mocochinchi for about 5 minutes to remove any type of dirt or residue.
  2. Add to a tall pot along with the water, the cloves, the raw sugar and let it boil for about 1 hour.
  3. Add the roasted sultana and sugar. Boil for another 45 minutes, leave to cool and serve.
- 

## Suggestions:

The sultana naturally increases the colour and flavour of the mocochinchi, it is best to use roasted sultana, which increases its sweet and scented flavours.



## *Sweet and Sour Sultana Sauce*

---

Chef: Roger Orlando Maldonado Rocha

# Sweet and Sour Sultana Sauce

## Ingredients:

- 200 ml concentrated sultana infusion
  - 100 ml homemade tomato sauce
  - 30 ml vinegar
  - 50 g sugar
  - Chili flakes
  - Pepper
  - Salt
  - Pineapple (optional)
- 

## Preparation:

1. Add the sugar to a heated saucepan wait for it to melt before adding the vinegar and the homemade tomato sauce, then let it reduce.
  2. Add the sultana infusion, season and again allow to reduce. If necessary, add 10 g of corn-starch to thicken.
- 

## Suggestions:

This sauce can be enjoyed with fried food, fried wonton, meat and others dishes.





# *Sultana Mousse*

---

Chef: Gunnar Guardia Miranda

# Sultana Mousse

## Ingredients (6 servings):

- 200 g sugar
  - 1 can condensed milk
  - 1 can evaporated milk
  - 6 eggs
  - 2 tablespoons concentrated sultana infusion
  - A pinch of water
- 

## Preparation:

1. Mix the condensed milk with the eggs and evaporated milk in a bowl, add the concentrated sultana, and beat vigorously until a homogeneous mousse is obtained.
2. Put the mixture into the bain-marie. This allows to mix all the ingredients homogeneously.
3. Let it thicken slightly until the egg is cooked for about 15 minutes and let it stand
4. Once tempered, place in the refrigerator for an hour and half or until it is cold. Place on a plate and refrigerate until serving time.

## Suggestion:

Beat three egg whites with the sugar until stiff and fold into the mousse, refrigerate until ready to serve.





# *Small Sultana Cakes*

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Chef: Patricia Toro

# Small Sultana Cakes

## Ingredients (7 servings):

- 90 g sugar
  - 90 g flour
  - 45 g cornstarch
  - 3 eggs
  - 1 tablespoon of roasted sultana flour
  - 1/3 cup sultana infusion
  - Zest of half an orange
  - 1 teaspoon baking powder
  - 1 pinch of salt
- 

## Preparation:

1. Preheat the oven to 177°C
  2. Beat the egg whites until stiff.
  3. Beat the yolks with the sugar, add the orange zest, the sultana flour and the sultana infusion.
  4. Add the sifted dry ingredients and mix.
  5. Lastly, mix the egg whites with all the other ingredients until everything is well integrated.
  6. Put the preparation in a well-greased and floured mould with greaseproof paper on the base and sides if desired
  7. Bake at 177 °C for 20 minutes.
- 

## Suggestion:

\* Moisten the cakes with sultana syrup (prepare with 1/3 cup of sugar and 3/4 of sultana infusion).

\* Decorate with sultana glaze (mix 2 tablespoons of powdered sugar with the necessary amount of sultana flour and drizzle over the cakes)  
)





# *Sultana Fix*

Chef: Franz Arandia



# Sultana Fix

## Ingredientes (1 glass):

- 1.5 oz de gin
  - 2.5 oz sultana infusion
  - 0.5 oz lemon juice
  - 2 tablespoons honey
- 

## Preparation:

1. Add all the ingredients into the glass.
  2. Fill half of the glass with finely chopped ice
  3. Stir and decorate with a cascara covered in honey.
- 

## Suggestions

It is better if this drink is prepared and served in a tall Collins type glass.



## *Brownie for the Andean Sultan*

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Chef: Edmundo Reyes

# *Brownie for the Andean Sultan*

## **Ingredients**

- 125 g 61% dark chocolate
- 125 g butter
- 140 g flour
- 100 g chopped walnuts
- 30 g sultana flour \*
- 2 spoons concentrated sultana infusion \*\*
- 2 eggs
- 1 tablespoon of baking powder
- 200 g sugar
- A pinch of salt

\* For flour making: it is recommended to use selected cascaras and grind them finely.

\*\* To prepare the infusion: it is recommended to use sultana, blueberries, passion fruit, orange and cinnamon.

---

## **Preparation:**

1. Preheat the oven to 180 °C.
2. Grease the entire mould, including the sides. It is recommended to use a square or rectangular mould so that the brownie can be cut into equal servings.
3. Melt the chocolate with the butter in a double boiler, it is also possible to do this in the microwave at 30 second intervals so that the chocolate does not burn.
4. In another bowl, mix the eggs, sugar, flours, sultana infusion, baking powder and salt. Beat until the mixture is uniform.
5. Allow the chocolate to cool slightly, then beat with the egg mix and flour until the mixture is uniform.

6. Add the chopped nuts and mix with the help of a spatula.
7. Pour the mixture into the mould, taking care that the surface is even.
8. Bake for 20-25 minutes. The brownie should be a little moist inside, do not allow the dough to dry out.

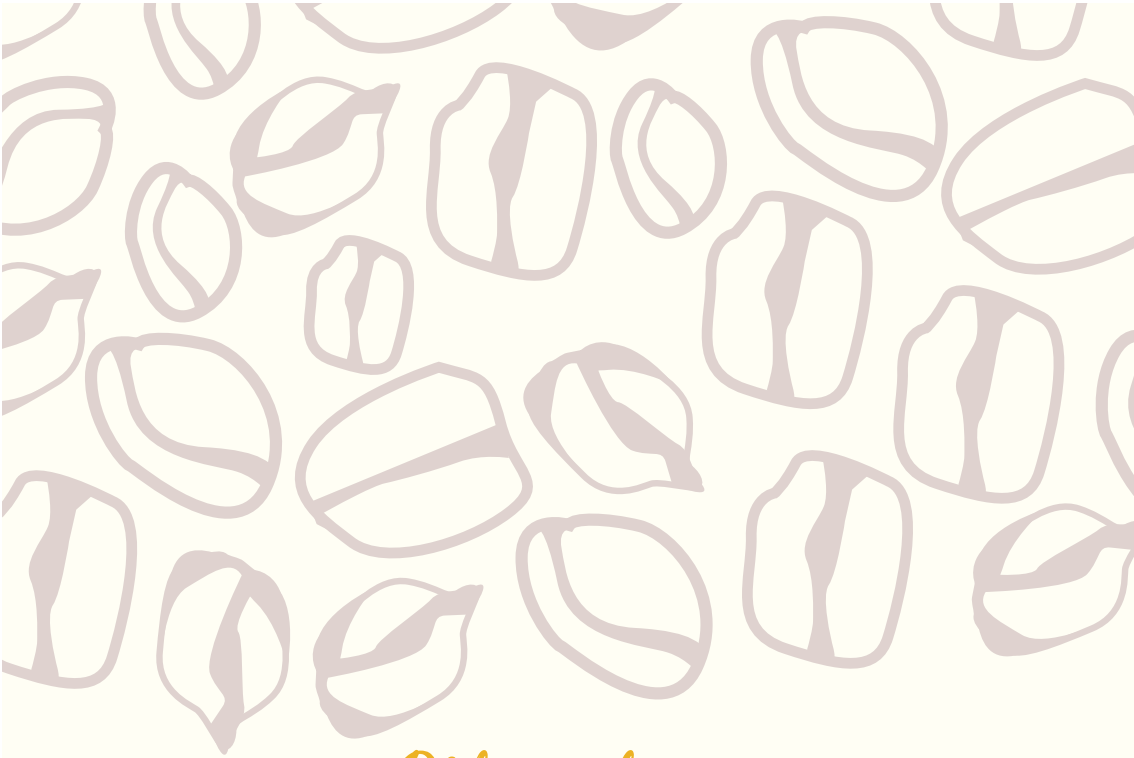
### **Suggestions:**

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Each portion can be served with some sultana flour and melted chocolate to decorate

Serve it while it is still warm with a big scoop of passion fruit ice cream.





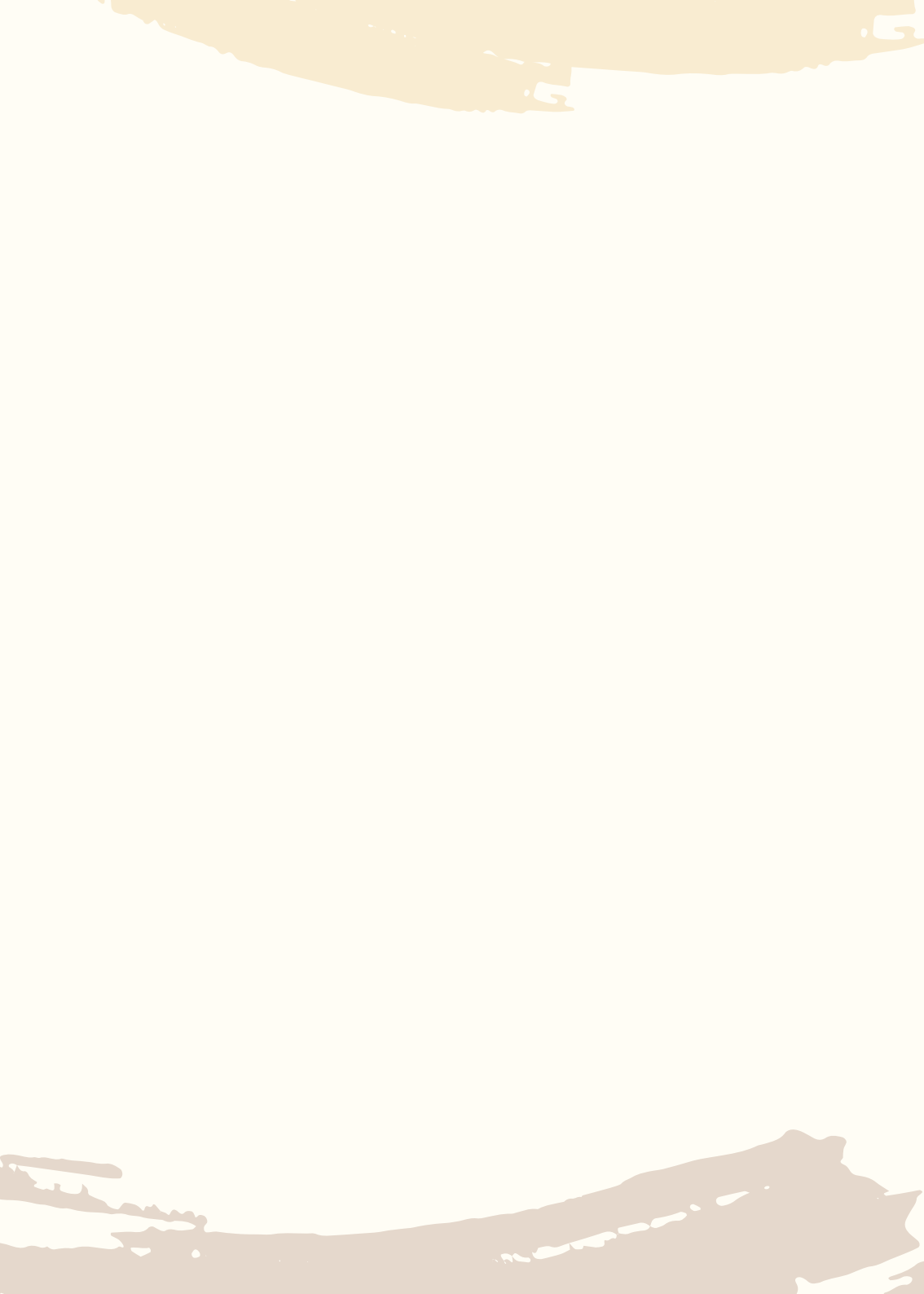
### *Did you know...*

The coffee cherry has historically been prepared and consumed in three different countries.

In Yemen, "Qishr", an infusion of the dried cascara is prepared with sugar, ginger and sometimes cardamom.

In Ethiopia, "Hashara", it is prepared by roasting the dried cascara until it is almost black and infused in water for a longer period to create an intensely fruity drink.

And in Bolivia, is served as a traditional Sultana" infusion





## *Part Two*

### THE SULTANA ROUTE

"NOVELTIES IN LA PAZ, COROICO AND CARANAVI (BOLIVIA)"



Traditional Sultana

Photo : Mercado Lanza



# *Popular Food Markets*

Long before coffee shops used sultana in their menus, popular food markets such as Mercado Lanza and Mercado Camacho already offered traditional sultana tea for breakfast or afternoon tea, a tradition that still continues today.



Sultana Traditional



Sultana Sucumbé



Frappe Sultana



Sultana Ice



Chaki Fulero



Loco Borda

Frappe de Sultana - photo "Sultana Café"

Sultana Ice - photo "Sultana Café"

Chaki fulero - photo AZAFRÁN

Loco Borda - photo AZAFRÁN

Sucumbé de Sultana - photo AZAFRÁN



“Sultana Café Arte” is a very innovative space that supports art, literature and painting. They have a variety of sultana drinks, from the traditional sultana tea, a delicious cold sultana with chancaca, to a sultana frappe for hot days. You can also find alcoholic drinks that represent stories of Bolivian writers such as “El Loco” by Arturo Borda, the main ingredients of which are the Sultana and artisan absinthe. The “Chaqui fulero” by Víctor Hugo Viscarra, the protagonists of this delicious and very striking drink are sultana flavoured with singani and drunk grapes. Honoring the tradition of the city of La Paz for cold nights, you can also find the Sucumbé de Sultana.

**Location:**

At the corner of Ecuador Ave. and. Belisario Salinas St. # 2496, Building San Felipe, Sopocachi.

**Phone:** +591 2-2423800



Sultana Soda

Photo "Typica café"





The sultana soda is a new way of drinking sultana. With a mix of spices and lemon, it is a drink with refreshing citric acidity and a marked balanced sweetness.

It is the new way to drink sultana. Join the sultana wave!

**Branch locations:**

6 de Agosto Ave. # 2584, between Pedro Salazar St. y Pinilla St., Sopocachi.

Phone: +591 2-2433974

Enrique Peñaranda St. L-35, San Miguel.

Phone: +591 2-2795764

Red Cable Car Station, Central Station Ave.



Sultanita Wayruru

Photo "Wayruru Café"



Sultanita Wayruru is a tea with different flavours, such as cedron herb, dried apple, sultana and honey.

It is definitely an explosion of delicious flavours worth trying!

**Location:**

At the corner of Sánchez Lima St. and Pedro Salazar St., Sopocachi.

**Phone:** +591 2-2420144



Sultana Liqueur



Achicoria offers a sultana liqueur prepared with vodka, which can be enjoyed hot or cold.

A great option for La Paz's constantly changing weather!

**Location:**

Half a block going down from La Alianza Francesa, 20 de octubre Ave. building Renacer between Fernando Guachalla St. and Rosendo Gutiérrez St. In the central Sopocachi neighborhood.

Phone: +591 78962601





Vegan Pancakes with Sultana Sauce



A totally different initiative, gluten- free, vegan pancakes made with a sultana infusion, quinoa and rice flour, accompanied by a delicious sultana sauce.

Not only a delicious option, but also healthy and nutritious!

**Location:**

6 de agosto Ave., between Rosendo Gutiérrez St. and Guachalla St. building Maria Cecilia.

**Phone:** +591 73001088



Photos - AZAFRÁN



Munaipata coffee is synonymous with high quality. This company, in addition to producing excellent coffee, also produces a very high quality sultana, with the best cascara selected by hand. In the restaurant of this company's farm, located in the town of Coroico, the talented chef, Pascuala, makes different drinks based on sultana, such as a sultana drink with hibiscus, hot sultana drinks with cedron herb and mint, and obviously the traditional sultana tea. In addition, Munaipata offers delicious sultana cake and sultana ice cream, essential for the weather of Coroico.

**Location:** The coffee farm and restaurant are located in Coroico and is open to visitors interested in learning more about the coffee and sultana processes.

**Phone:** +591 73743121

**Location in La Paz:**

Cafetería Munaipata Ecuador Ave. # 2437, near Andrés Muñoz St. .

Phone: +591 70506918





Sultana Flour



Sultana Flour



Sultana Ice Cream



Sultana Pancakes



Sultana Cake

Sultana Flour - photo Erick Loayza  
 Sultana Ice Cream- photo AZAFRÁN  
 Sultana Pancakes - photo AZAFRÁN  
 Sultana Cake - photo AZAFRÁN

# Sultana Flour

Sultana flour or coffee pulp flour, as it is also called, is an ecological product that is obtained from the selection of the best sultana, which are then roasted and finely ground. Due to its properties and the fact that it does not contain gluten, it can be an excellent companion for different recipes. Sofia Bohorquez is the entrepreneur of this initiative, and belongs to the Cooperative Coaine de Caranavi and shows us how this flour is used in the production of ice cream, in pastries, such as cakes, cupcakes and pancakes, as well as in a variety of other creations, all just as innovative and delicious.

This product was developed as part of the "Café Correcto" project.

## **Entrepreneur:**

Sofia Bohorquez Murillo

**Phone:** +591 67130153

**Project:** Café Correcto



Sultana Tea

# Sultana Tea

Three young entrepreneur women came together to create the “Sultana Tea” venture, to inject new life into this product that is so distinctive of the region. Sultana Tea is a traditional combination, mixing the best quality organic sultana, lightly roasted and crumbled, with dried orange peel and cinnamon. A delicious drink with a flowery and fruity flavour that can be consumed hot or cold.

The entrepreneurs are from the Antofagasta Cooperative of the Province of Caranavi. This product was developed as part of the “Café Correcto” project.

**Phone:** +591 79638821





  
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